

COMMON MYTHS ABOUT POSITIVITY YOU SHOULDN'T BELIEVE



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What's the right way to approach positivity?

Sometimes we beat ourselves up about not being positive enough. We feel like if we're sad or grieving that "we should be positive through this process" and that's not always the case.

POSITIVITY IS NOT...

Constant Happiness

Constant Enthusiasm

Accepting everything that happens

POSITIVITY IS...

Hope that things will work out

Optimism to learn from experiences

Determination to create a good life

reflections:

Am I a positive person?

Do I quickly dismiss negative emotions in order to "be positive"?

What are some misconceptions about "positivity" do I have?

How can I improve & refine my positive outlook?

Notes: